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Microwave cooking



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Microwave cooking

Carrot Halwa

Ingredients

500 gms. carrot peeled, grated
200 ml. milk
1/2 cup sugar ground
1/2 cup khoya or milk powder
1 tbsp. ghee
1 tbsp. almonds, pistachios, chopped
1/2 tsp. cardamom powder
1/4 tsp. saffron crushed

Method

Mix carrot and milk in a deep microwave proof bowl.

Allow for ample boiling space in the bowl.

Microwave on high for 8 minutes. Stand for 5 minutes.

Stir well, add khoya or milk powder and sugar and stir again.

Microwave on high for 8 minutes. Stand for 3 minutes.

Add ghee, cardamom powder and mix well.

Microwave on high for 2 minutes.

Garnish with chopped nuts.

Serve hot or cooled.

Reheat in in microwave for 1 minute before serving.





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Stewed Mangoes

Ingredients

5 large firm ripe mangoes
6 tbsp. sugar (varied as per sweetness of the fruit)
4 tbsp. water (varied as per juiciness of the fruit)
1/4 tsp. vanilla essence
3 cups vanilla icecream or whipped sweetened cream chilled

Method

Cut mangoes in four pieces and deseeded.
Place in 10" diameter dish cut sides down.
Place the pieces next to each other.
Sprinkle sugar over all the pieces.
Mix essence in water. Sprinkle the water on mangoes.
Microwave on high for 4 minutes.
Remove keep aside.
In individual bowls, place 2 pieces of mangoes.
Place a full scoop of vanilla icecream on top.
Place a canned or fresh cherry on top.
Serve immediately.





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Sooji Seera

Ingredients

1/2 teacup semolina (sooji / rawa)
1/2 teacup milk
6 tablespoons sugar
3 tablespoons ghee
1/4 teaspoon cardamom powder

Method

Put the milk, sugar and 1 1/2 teacups of water in a glass bowl and microwave on HIGH for about 5 minutes, stirring once in-between after 2 1/2 minutes. Keep aside.

Put the ghee in another glass bowl and microwave on HIGH for about 15 seconds.

Add the semolina, mix well and microwave on HIGH for 3 minutes, stirring in-between after every 1 minute or until the semolina is light pink in colour.

Add the parboiled sweetened milk mixture. Mix well and microwave on HIGH for 1 1/2 minutes, stirring in-between after every 30 seconds.

Sprinkle cardamom powder on top.



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Microwave Rava Kesari

Ingredients

- 1/2 cup rava (cream of wheat)
- 1/2 cup sugar
- 2 1/2 cups boiling hot water
- 6 tbsp unsalted butter
- 1/3 cup raisins
- 1/3 cup cashew nut pieces, roasted in butter and set aside
- 1 1/4 tsp saffron
- 5 cardamoms (opened & ground up)

Method

Combine boiling water with the sugar in a bowl. Add the cardamom and saffron. Set aside.

Put the butter into a clear glass microwavable bowl. Microwave on high for a minute or until the butter melts.

Add the rava to the butter. Mix well, and microwave on high for about two minutes or until the rava begins to foam.

Stir in the sugar syrup mixture and add the raisins into the rava. Cover tightly with Saran Wrap and cook on high for about three minutes or until it starts to look a bit solid.

Remove the Saran Wrap. (Be careful - the steam can scald!) Cook for another minute or until the extra moisture evaporates.

Remove from oven. Stir in the roasted cashew pieces.

Note: The times are approximate. Your oven probably behaves differently from mine, so please watch the bowl through the glass throughout the process or else your rava kesari could turn out like a rock.



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Microwave Til Burfi

Ingredients

1 cup white sesame seed (whole)
1 cup milk powder
1/2 stick unsalted butter
1 can condensed milk

Method

Dry roast the sesame seeds and grind coarsely in a grinder or blender.

In a corning dish or glass dish add all the ingredients including the ground sesame seeds.

Microwave for 3 minutes.

Grease a thali with butter and set aside.

Stir the mixture well and put it back in the microwave for another 3 minutes

Now keep watching as it tends to bubble and come out.

Stop it and keep stirring.

It will turn nice and thick.

Spread on thali, cool and cut in squares. Enjoy!!

This is using a 900 watt microwave, you may need upto 5 minutes each time if the wattage is less. It will stay in the fridge for a month if it is not eaten up by then.



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Gol Papdi

Ingredients

1/2 cup whole wheat flour (gehun ka atta)
1/3 cup jaggery (gur), grated
1/2 teaspoon poppy seeds (khus-khus)
1/4 teaspoon cardamom powder (elaichi)
4 tablespoons ghee

Method

Sprinkle the poppy seeds on a 100 mm. (4") diameter greased thali. Keep aside.

Combine the ghee and wheat flour in a glass bowl and microwave on HIGH for 3 minutes 30 seconds, till it turns golden brown in colour. Mix well.

Remove from the microwave and add the jaggery and cardamom powder while the mixture is hot. Stir well till the jaggery melts.

Pour the mixture into the greased thali with poppy seeds while still warm and spread it evenly with the help of the base of a small bowl (katori).

Cut into diamond shapes while still warm.

Store in an air-tight container when cool.





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Chocolate Brownies

Ingredients

1/2 cup maida
1/2 cup cocoa
1 cup sugar
1/2 tsp. baking powder
1/3 cup butter
1 tsp vanilla essence
2 eggs
1/3 cup chocolate chips
1/3 cup walnuts.

Method

Sift maida, cocoa and baking powder together.

Melt butter and add. Mix well.

Lightly beat eggs and add. Mix in the vanilla essence.

Lastly add the chocolate chips and finely chopped walnuts.

Pour into a greased microwavable baking tray and microwave on high for 4 mins.

Can be served hot with vanilla icecream or drizzled with kahlua.



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Chocolate Brunch Waffles

Ingredients

2 1/4 cups all-purpose flour
1/2 cup granulated sugar
1 tablespoon baking powder
3/4 teaspoon salt
1 cup (6 oz.) Semi-Sweet Chocolate Morsels
3/4 cup (1 1/2 sticks) butter
1 1/2 cups milk
3 eggs, lightly beaten
1 tablespoon vanilla extract
1 toppings (whipped cream, chocolate shavings, fresh fruit)

Method

COMBINE flour, sugar, baking powder and salt in large bowl. Microwave morsels and butter in medium, microwave-safe bowl on HIGH (100%) power for 1 minute.

STIR morsels may retain some of their original shape. If necessary, microwave at additional 10- to 15-second intervals, stirring until melted. Cool to room temperature. Stir in milk, eggs and vanilla extract. Add chocolate mixture to flour mixture; stir (batter will be thick).

COOK in Belgian waffle maker according to manufacturer's directions. Serve warm with your choice of toppings.

* Can also be cooked in standard waffle maker (makes about 20 standard-size waffle squares).



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Chocolate Chip Cookies

Ingredients

1 1/2 cup Butter
3 tsp Vanilla Essence
1 cup Self Rising Flour
1 cup Brown Sugar
1/2 cup grated Dark. Chocolate

Method

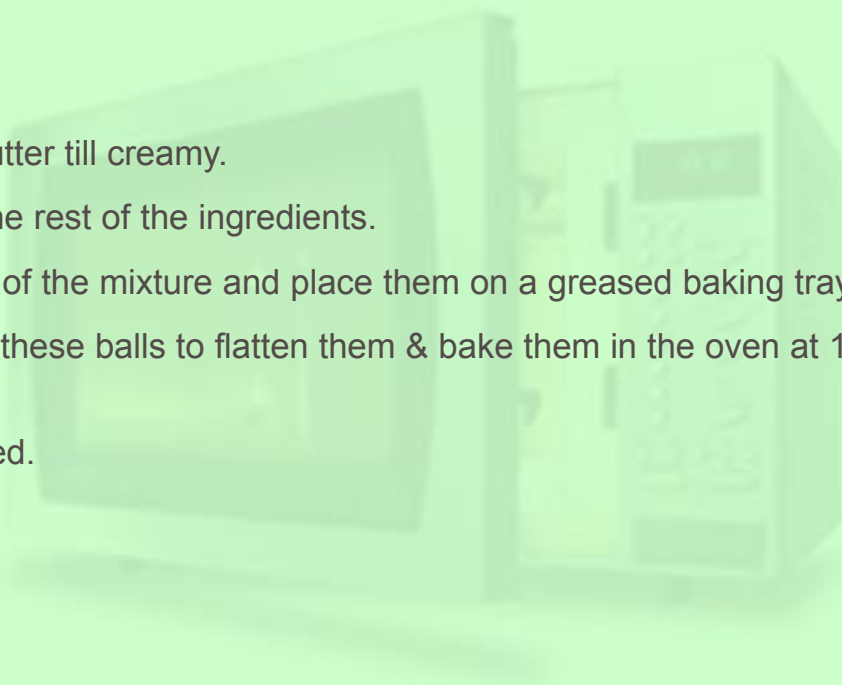
Beat the butter till creamy.

Next add the rest of the ingredients.

Make balls of the mixture and place them on a greased baking tray.

Now press these balls to flatten them & bake them in the oven at 160°C till hard.

Serve chilled.





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Chocolate-Balls

Ingredients

125 grams Dried apricots, chopped
1/3 cup Raisins, chopped
1/3 cup Sultanas, chopped
2 teaspoons Grated orange rind
75 grams Dark chocolate, grated
200 grams Dark chocolate, extra
75 g Butter

Method

Combine apricots, raisins, sultanas, rind and grated dark chocolate in a small bowl.

Roll teaspoons of mixture into balls, refrigerate overnight.

Break extra chocolate into pieces, place in top of a double saucepan with butter over boiling water.

Stir until smooth or microwave on HIGH for 2 minutes. Dip each fruit ball in chocolate until evenly coated.

Place balls on foil-covered trays; allow to set in a cool place. Store balls in airtight container in refrigerator.





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Stir Fried Vegetables

Ingredients

1 cup julienned vegetables mixed (carrots, beans, cabbage, cauliflower, peas, onions, potatoes, etc.)
1/2 tsp. crushed ginger, garlic
1 tbsp. butter
2 tbsp. water
1 tsp. cornflour
salt to taste
pepper to taste
1/2 tsp. soyasauce
1 sprig spring onion.

Method

Wash cut vegetables and drain excess water.

Mix the cornflour in the water.

In a 6" microwavproof bowl, place butter.

Add the ginger garlic.

Melt in microwave for 2-3 seconds.

Add vegetables stir, cover with a loose lid.

Microwave on high for 3 minutes.

Remove, add cornflour paste, salt, pepper, soyasauce, stir.

Put back in oven and cook a further 1 minute on high.

Garnish with a sprig of chopped spring onion.

Serve steaming hot.

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Microwave Red Pumpkin

Ingredients

1/2 cup or a small wedge of Red Pumpkin cut into one inch pieces
2 cups thick Yoghurt (dahi) well beaten
1 Onion cut into small pieces
1/2 teaspoon Chilli Powder
2 tablespoon fresh Coriander for garnishing
1 tablespoon Oil
1/2 teaspoon Mustard seeds
1/2 teaspoon split urad dal
2-3 Red Chilli (dried)
A few Curry leaves
A pinch of Asafoetida (hing)
Salt to taste

Method

Keep the red pumpkin in a microwave bowl and microwave for 3-4 minutes covered.

Mash the cooked red pumpkin well. Let it cool.

After it cools add yoghurt, salt, chilli powder, cut onions and mix well.

Heat oil in a pan, add hing, mustard seeds, curry leaves and urad dal. When it turns slightly brown add to the yoghurt-pumpkin mixture

Garnish with coriander and serve.





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Stuffed Potatoes

Ingredients

200 grams small potatoes with jackets
1/4 grated fresh coconut
2 tablespoons chopped coriander
2 teaspoons coriander-cumin seed (dhana-jira) powder
2 teaspoons sugar
1 teaspoon red chilli powder
a pinch of asafoetida
salt ot taste

Method

Wash the potatoes. Make slits on them. If you want, remove the skin.

Bake the potatoes on HIGH for about 6 to 7 minutes.

Mix all the other ingredients very well and stuff into the potatoes.

Arrange in a shallow dish and sprinkle a little oil and 1 1/2 tablespoons of water. Microwave on HIGH for 4 to 5 minutes.



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Stuffed Ladies Fingers

Ingredients

200 grams ladies fingers (bhendi)
1/4 grated fresh coconut
2 1/2 tablespoons chopped coriander
2 tablespoons coriander-cumin seed (dhana-jira) powder
2 teaspoons sugar
1 teaspoon red chilli powder
a pinch of asafoetida
1 tablespoon oil
salt ot taste

Method

Make slits on the ladies fingers.

Mix all the other ingredients very well and stuff into the ladies fingers.

Arrange in a shallow glass dish and sprinkle a little oil and 1 tablespoon of water. Microwave on HIGH for about 4 to 5 minutes.



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Brinjal Relish

Ingredients

1 large seedless brinjal or 3 medium ones
3 flakes garlic
1 tbsp. Fresh coriander leaves finely chopped
1 tint mild chilli
1 tsp. Fresh mint leaves finely chopped
1 tbsp. coarsely crushed toasted peanuts
1 tbsp. Sesame seeds lightly roasted
1 tbsp. Olive oil
1/2 tsp. Pepper powdered
salt to taste

Method

Grease aubergine lightly. Microwave or grill till soft.

Even charring over a flame can be done.

Peel skin, mash with garlic, salt, chilli, mint, by hand or in a small mixie.

Add oil, pepper, peanuts, lemon juice, half coriander, half sesame seeds.

Mix well, transfer to an oven proof bowl.

Sprinkle remaining sesame seeds over it.

Grill in a hot oven, till almost sizzling.

Garnish with remaining coriander.

Serve with finger of hot toast.

Can be sieved as a dip for vegetable crudites too.





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Cauliflower Casserole

Ingredients

1 Cauliflower
1 Bottle Marinara Pasta Sauce
1 cup Paneer
2 tsp oil
Salt and pepper to taste

Method

Divide the Cauliflower into medium sized florets. Boil the florets for 5 min.

Drain excess water from the florets and saute the florets in oil for 5 min. till they are tender.

Arrange the florets in a microwaveable dish. Add coarsely crushed Paneer and Pasta sauce on top of the florets. Add salt and pepper and microwave for 10 minutes.

This is a delicious accompaniment to pilaf.





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Mixed Dal

Ingredients

1 tablespoon moong dal
1 tablespoon masoor dal
1 tablespoon urad dal
1/2 teaspoon turmeric powder
1/2 teaspoon cumin seeds
2 tomatoes, chopped
1 onion, chopped
1 teaspoon chopped green chillies
1 teaspoon chopped ginger
1/2 teaspoon chilli powder
2 tablespoons chopped coriander
2 tablespoons butter
salt to taste

Method

Put all the dals together in 2 teacups of pre-heated water in a big glass bowl and allow to soak for 30 minutes.

Add salt and turmeric powder. Cover and microwave on HIGH for 15 minutes or until cooked.

Put the butter in another glass bowl and microwave on HIGH for about 20 seconds. Add the cumin seeds and fry for 30 seconds by microwaving on HIGH.

Add the tomatoes, onion, green chillies, ginger, chilli powder, coriander, cooked dals and salt and microwave on HIGH for 3 minutes.





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Microwave Parupu Usili

Ingredients

Beans - 100 gms
Chana Dhal - 1 cup
Red Chillies - 4 Nos
Oil - 2 tbs
Salt - to taste
Mustard Seeds - 1 tbs
Curry leaves - a few

Method

Initially cut the beans, place them in a microwave container, add 1 tbs of water and salt to taste, and microwave high for 3 minutes. Keep it aside.

Soak the chana dhal in water for 1/2 an hour, drain it and grind it in a mixer with salt and red chighllies.

In a microwave container add 2 tbs of oil add mustard seeds and curry leaves and microwave high for 3 minutes.

Then to the tadka add the ground paste, sprinkle 1 tbs of water and microwave high for 4 minutes, stirring once in between.

At last add the boiled beans, mix well and microwave high for 30 sec.

Parupu Usili is ready to eat. Enjoy it, along with rice and sambar.



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Sukhi Urad Dal

Ingredients

Split Urad dal - 2 cups
Grated ginger - 2 tsp.
Green Chillies - 3, chopped
Coriander powder - 1/2 tsp.
Turmeric powder - 1/2 tsp.
Asfoetida - less than a pinch
Cumin seeds - 1 tsp.
Vegetable Oil - 2 tsp.

Method

Soak urad dal for about 2 hours.

Microwave the dal for about 9 minutes by covering the dish with a plate.

Meanwhile, heat oil in a pan and splutter cumin seeds in it.

Next add asfoetida, coriander and turmeric powder. Stir for about 1 minute

Add ginger and chillies and the microwaved dal. Stir for 5 minutes and your dal is done.

Note : If you donot have a microwave , you can also pressure cook the dal with very less water. You can also use chilke wali urad for this dish, however the chilka has to be removed by boiling the dal before making the dish.



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Savoury Rice with Vegetables

Ingredients

Split Urad dal - 2 cups
Grated ginger - 2 tsp.
Green Chillies - 3, chopped
Coriander powder - 1/2 tsp.
Turmeric powder - 1/2 tsp.
Asfoetida - less than a pinch
Cumin seeds - 1 tsp.
Vegetable Oil - 2 tsp.

To be ground into a paste

1 tablespoon grated fresh coconut
2 green chillies
4 cloves
2 to 3 cardamoms
2 small sticks cinnamon
1 teaspoon khus-khus
12 mm. piece ginger

For the decoration

fried onion slices
fried cashew nuts

Method

Put the ghee in a glass bowl and microwave on HIGH for about 30 seconds.
Add the onions and microwave on HIGH for 1 minute or until light pink in colour.

Add the paste and microwave on HIGH for 20 seconds.

Add the rice, vegetables, lemon juice and salt and mix very well. Add 1 3/4 teacups of water and microwave on HIGH for 12 minutes, stirring in-between after every 3 minutes.

Put off the cooker and allow to stand for 3 minutes.

Decorate with fried onions and cashew nuts.





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Masala Bhaat

Ingredients

1/2 teacup uncooked Basmati rice
50 grams green peas
50 grams potatoes
50 grams brinjals
1 onion, chopped
2 tablespoons chopped coriander
1/4 teaspoon turmeric powder
2 teaspoons coriander-cumin seed (dhania-jeera) powder
2 teaspoons chilli powder
3/4 teaspoon garam masala
1 1/2 tablespoons ghee
salt to taste
1 tablespoon chopped coriander for decoration

To be ground into a paste

2 tablespoons grated fresh coconut
2 green chillies
12 mm. piece ginger
5 to 6 cloves garlic

Method

Cut the potatoes and brinjals into big pieces.

Mix the rice, vegetables, onion, coriander, turmeric powder, coriander-cumin seed powder, chilli powder, garam masala, paste, salt and ghee and add 1 1/2 teacups of water.

Cover and microwave on HIGH for 17 to 18 minutes, stirring in-between after every 5 to 6 minutes.

Decorate with chopped coriander.





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Green Peas Pulao

Ingredients

1 teacup uncooked Basmati rice
1 teacup green peas
2 sticks cinnamon
2 cloves
1 bay leaf
1 1/2 green chillies, chopped
4 tablespoons chopped onion
2 tablespoons ghee
salt to taste

Method

Put the ghee in a glass bowl and microwave on HIGH for 15 seconds.

Add the cinnamon, cloves, bay leaf, green chillies and chopped onion.

Microwave on HIGH for about 2 minutes, stirring once in-between after 1 minute.

Add the rice, green peas, 2 1/4 teacups of water and salt.

Cover and microwave on HIGH for about 12-14 minutes, stirring once in-between after 5 to 6 minutes.





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Spinach and Carrot Pulao

Ingredients

Chopped Spinach 2 cups
Finely chopped Carrots 1 cup
Basmati Rice 1 cup
Ghee 2 tbsp
Sliced Onion 1
Saunf 1 tsp
Cardamom 2 pods
Cloves 3-4
Red Chilli powder 1/4 tsp
Green Chillies 2
Cinnamon 1 inch piece

Method

Soak rice for 30 min.

In a flat dish (microwave glass) add the ghee and spices with the onion.

Microwave high uncovered for 3 min.

Add spinach and carrots. Microwave high for 2 min.

Drain the water from the rice and add to the vegetables. Add two cups of water, salt and red chilli powder. Mix well. Microwave high covered for 12 min.

Stir once after 5 min. Stand for 2 min.

Fluff it up with a fork. Serve hot. Try & Enjoy!!!





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Instant Microwave Rawa Dhokla

Ingredients

2 cups Rawa
1 cup plain Yogurt
1 cup Water
1 tsp Haldi (if you like your Dhokla yellow)
Salt to taste
2 tsp Eno Fruit Salt

For Tadka:

2 tbsp Cooking Oil
Handful of Curry leaves
2-3 Green Chillies diced lengthwise
1 tbsp of black Mustard seeds
2 tbsp Water
1/2 bunch chopped Cilantro
2 tbsp shredded Coconut

Method

Soak 2 cups rawa, 1 cup yogurt and 1 cup water for 30 minutes.

Grease a microwave proof pan (corning ware with a cover). I use a long pyrex dish with a cover because you should spread the mixture not very thick but in a thin/medium layer for them to be soft and pliable. Add two tsp of Eno to the rawa mixture and pour immediately in the greased pan cook it in the microwave covered for 12 minutes.

After the dhokla's are done. Heat 2 tbsp oil, add black mustard seeds, curry leaves and green chillies to the oil. Once the ingredients start spluttering, add the water and immediately pour the tadka over the dhokla.

Cut the dhokla into pieces and garnish with cilantro and coconut. Your guests are sure to love this dish.



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Upma

Ingredients

1 cup sooji
2 cups water
2 green chilies
1 onion
1/3 cup peas
2 tblsp ghee
1/4 tsp cumin seeds
1/4 tsp mustard seeds
1/4 tsp ginger (chopped)
8 cashew nuts
few curry leaves
salt to taste

Method

Rub 1 tbsp of ghee into the sooji.

Roast on Micro High for 2min.

Take a casserole, place the remaining ghee, mustard and cumin seeds, cashew, curry leaves.

Cook on Micro High for 3min.

Add onions, ginger, chopped green chill, cook on Micro High for 3 min.

Add the roasted sooji, salt and water. Stir well cook on Micro High, covered for 10 min.

Serve with pickle.





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Microwave Paturi (Khandvi)

Ingredients

1 cup besan (Chick pea flour)
1 1/2 cup yogurt diluted with water
ground fresh green chilli, garlic and ginger paste
salt to taste

For Tempering:

mustard seeds
oil

For Garnishing:

dessicated coconut
coriander leaves
You'll also need a 1/2-1 meter thick plastic sheet.

Method

Mix chana besan, diluted yogurt, ground masala and salt and make a smooth batter.

Put it in the microwave for 5-6 minutes on high.

In the mean time spread the plastic on a table and have a flat spatula ready.

As soon as its done quickly spread the thick mixture on the plastic in a thin layer with the spatula. You have to do this before it cools down.

When cool, cut into 2 inch strips and roll each strip.

Put the rolls in a dish and heat 2-3 tbsp oil in another vessel, put mustard seeds in it.

When it pops, pour it over the rolls.

Garnish with dessicated coconut and fresh coriander.



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Wholesome Soup

Ingredients

3 cups water
1 cup mixed vegetables diced fine
1/4 tsp. each ginger, garlic crushed
2 tsp. cornflour mixed in 1/4 cup water
1/2 tsp. green chilli sauce
1/4 tsp. soya sauce
2-3 nutri nuggets or 1/2 tbsp. crushed vermicelli or 1 slice bread toasted lightly
1 tbsp. grated cheese
salt to taste

Method

Place the vegetables and water, in a deep microwave proof dish.

Microwave on high for 3 minutes.

Mix the cornflour paste, sauces, salt, ginger, garlic together.

Add to the soup, mix well.

Crush the bread, nuggets or vermicelli, before adding to the soup.

Add and mix thoroughly.

Microwave on high for 3 minutes, stirring once in between.

Sprinkle some grated cheese on top.

Serve steaming hot with warm garlic rolls or bread.

Variation: Add tiny pasta instead or nuggets or vermicelli. Chop vegetables big instead of fine, for a more fibrous soup.



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Harbara Salad

Ingredients

1 cup tender fresh green gram
1 medium onion finely chopped
2 tbsp. fresh coconut scraped fine
2 green chillies slit
1 tbsp. coriander leaves finely chopped
1/4 tsp. each mustard & cumin seeds
3-4 pinches asafoetida
salt to taste
1 tsp. lemon juice
1 tsp. oil
1/4 tsp. ginger grated

Method

If gram is not very tender, microwave a little as shown in introduction.
Or boil with a pinch of soda bicarb, drain, hold under cold running water.
Drain, pat dry. Heat oil in a sauce pan.
Add seeds, asafoetida, allow to splutter.
Add ginger, stir. Add onions and slit chillies.
Stirfry till onions are tender and pink.
Cool to room temperature. Keep aside 1 tbsp. coconut, a little coriander.
Mix all remaining ingredients into onions.
Toss with a fork till well mixed.
Pour into salad bowl, garnish with coconut and coriander.
Serve cold.



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Paneer Tikka

Ingredients

2 cups paneer, cut into 50 mm. (2") cubes
1/2 cup capsicum, cut into 50 mm. (2") pieces
1/2 cup thick curds
1 teaspoon ginger paste
1 teaspoon garlic paste
2 teaspoons chilli powder
1/2 teaspoon kasuri methi (dried fenugreek leaves)
1/2 teaspoon garam masala
2 tablespoons chopped coriander
1 teaspoon chaat masala
1 tablespoon oil
salt to taste

Method

Combine the curds, ginger paste, garlic paste, chilli powder, kasuri methis, garam masala, coriander, oil and salt and mix well to prepare a marinade.

Add the paneer and capsicum to it and keep aside for 15 minutes.

Arrange the marinated paneer and capsicum pieces in a shallow glass dish and microwave on HIGH for 3 minutes.

Serve hot, sprinkled with the chaat masala.





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Microwave Masala Peanut

Ingredients

pea nuts 1/2 cup
1/2 cup besan
1 tb spn saunf(ani seed)
1 tb spn red chilli powder
1 pinch hing
salt to taste
oil 3 tb spn

Method

Mix all the ingredients except peanuts with little amount of water.

Cover each peanut with this mixture.if needed sprinkle little more water.

The consistency should not be like chappathi dough. It should be dry also.

Microwave all peanuts in a greased tray in medium high for about 9 to 10 min. if necessary keep some more time until it becomes hard. let it come to room temperature.

Store it in an air tight container.



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Corn Vermicelli

Ingredients

3 tablespoon olive oil
500 gm broken vermicelli, boiled
100 gm onions, chopped
1 tablespoon minced garlic
200 gm tomatoes, peeled and chopped
1 tablespoon minced red chilies
1 cup boiled corn
½ teaspoon dried oregano
salt to taste
¼ teaspoon black pepper powder
¼ c up grated cheese
a few sprigs parsley, for garnishing

Method

Heat oil in a casserole for a minute. add onions, garlic and mix.

Cover and microwave high for three minutes until onion becomes soft.

Add tomatoes and minced red chilies. microwave high for three minutes more.

Add corn, oregano, salt and black pepper. mix and microwave high for one minute.

Add vermicelli and mix well.

Just before serving, sprinkle cheese over the vermicelli, cover and microwave high for three minutes so that the cheese will melt.

Garnish with parsley and serve hot.



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Fried Bhindi

Ingredients

bhendi (okra) cut into 1/2" slices 1/2 kg or 1 lb
salt 1 tsp or to taste
chilli powder 1/2 tsp or to taste
ajwain 1/2 tsp
mustard seeds 1/2 tsp
urad dal (white split) 1 tsp
hing (asafoetida) 1/2 tsp
turmeric powder 1/2 tsp
oil 2 tsp

Method

Place the cut okra in a single layer on a microwave-safe plate and cook on 'high' uncovered for 4 minutes.

If necessary cook the okra in two or three lots.

No salt is to be added now. This will ensure that the okra is cooked, but without stickiness, and the bright green colour is maintained.

Next, heat the 2 tsp oil in a kadai, and fry the mustard, urad dal and ajwain, add the cooked bhendi / okra pieces, add turmeric, hing, salt, chilli powders and fry for a couple of minutes till the masalas are well absorbed.

Your dry bhendi sabji is ready and looks green and appetising. It is a great favourite with our family.

Note : If using Bhendi from the cold storage, instead of microwaving the pieces, cook it for 10 minutes in the baking oven without salt, till it is dry, then follow the second step as above.



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Choconut Rocks

Ingredients

500 gms full cashews & small almonds
500 gms plain chocolate
150 gms milk chocolate

Method

Place the nuts evenly in a microwave safe plate & microwave on High for 6 -7 minutes.

Stir in-between so that it turns pink evenly. once its done keep it aside for it to cool.

Break the chocolate into small pieces and put it in a bowl & microwave on low for about 8 - 9 minutes.

Stir in-between (say every 3 minutes).

As soon as the chocolate starts losing shape, continue microwaving for a little longer until it melts, stirring after every minute.

Keep the chocolate mixture aside for it to cool.

Add the Nuts to the Chocolate mixture & coat it evenly.

Put the pieces of coated nuts on a plate lined with a grease-proof paper.

Refrigerate it for 3 hours & your fav. choconut rock will be ready.



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Microwave cooking

Paneer Korma Mattar Wala

Ingredients

250 gm paneer-grated
1 tbsp ghee
1 tsp cumin seeds
1 ½ tsp sugar
½ cup tomato-freshly pureed
1 tsp ginger paste
1 tsp garlic paste
1 tsp kashmiri chilli powder
1 ½ tsp salt
1 cup green peas-shelled
1 cup hot water
½ tsp garam masala
coriander for garnish

Method

Place 1 ½ tsp ghee, cumin and 1 tsp sugar in a dish and mix well. Cook covered at HIGH for 1 minute.

Mix in the paneer and cook at HIGH for 5 minutes, stirring once. Add tomato and salt, keep aside covered till required.

In another dish, mix the remaining ghee with ginger-garlic paste and then cook uncovered at HIGH for 1 minute.

Add chilli powder, turmeric, salt, the ½ tsp sugar, 1-cup hot water and the peas. Mix well and cook at HIGH for 5 minutes, then at 70% for 8 minutes or till the peas are cooked.

Do not cover and cook as the peas will get discoloured. Mix in the paneer mixture and cook uncovered at 70% for 5 minutes.

Serve garnished with the garam masala and the coriander.



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Microwave cooking

Sookhi Moong Ki Dal

Ingredients

1 cup dhuli moong ki dal
1 tbsp oil
1½ tsp cumin seeds
a pinch of asafoetida
1 ½ tsp ginger-chopped fine
2 tsp coriander powder
2 tsp salt
1 tsp chilli powder
½ tsp turmeric
1 ½ cups hot water
2 tbsp coriander leaves
2 green chillies-slit
2-3 lemon wedges

Method

Wash the dal, till the water runs clear. Soak in water for 3-4 hours. Drain the water of the dal and put aside in a colander.

Mix together the oil, cumin and the asafoetida. Cook covered at HIGH for 2 minutes. Mix in the ginger immediately and stir well.

Add the dal, mix well and cook covered at HIGH for 1 minute. Now mix in the coriander powder, salt, chilli powder and the turmeric powder.

Add water, mix well and cook covered at 70% for 15 minutes, stirring after 6 minutes. Serve garnished with green chillies, coriander and lemon wedges.



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Microwave cooking

Crunchy Patta Gobi

Ingredients

500 gm cabbage-shredded finely
1 large capsicum-shredded fine
1 tbsp oil
1 tsp cumin seeds
2 tsp coriander powder
½ tsp turmeric
1 ½ tsp salt
2 tsp vinegar
1 tsp sugar
coriander for garnishing

Method

Place the oil and cumin in a dish and cook covered at HIGH for 2 minutes.

Add the cabbage, capsicum, coriander, turmeric, salt, vinegar and sugar. Mix well.

Cover and cook at HIGH for 5 minutes. Garnish with coriander and serve.





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Microwave cooking

Kashmiri Paneer

Ingredients

400 gm paneer-cubed
1 ½ tsp thandai/sardai mixture-soaked in ½ cup water
10 almonds-blanchd and peeled
1 tbsp clarified butter
¼ tsp green cardamom powder
10 peppercorns
½ cup hung yoghurt
2 tsp ginger paste
1 tsp kashmiri chilli powder
1 tsp turmeric
1 ½ tsp salt

Method

Grind the thandai mixture, strain and make up to 1 ½ cups with water.

Grind 8 almonds and mix into the thandai mixture. Sliver the remaining 2 and keep for garnish.

Mix ghee, half the cardamom powder, peppercorns, ½ tbsp yoghurt and ginger paste in a dish and cook covered at HIGH for 2 minutes.

Mix in chilli powder, turmeric, salt, yoghurt and thandai mixture. Cover and cook at HIGH for 5 minutes.

Add the paneer, mix well and cook covered at 70% for 7 minutes.

Serve garnished with the remaining cardamom powder and the slivered almonds.



Microwave cooking

Bharwan Parwal

Ingredients

3 parwal-thick, 2" long
1 tsp salt or to taste
1 tsp cumin seeds-roasted
1 tbspcoriander seeds-roasted
1 tsp fennel seeds-roasted
1 ½ tsp amchoor powder
1 tsp kashmiri chilli powder
1 tsp turmeric powder
¼ tsp asafoetida
1 tbspc desiccated coconut roasted
1 tbspc oil
1 cup onion-chopped fine
½ tsp cumin seeds
2 medium potatoes-cut into fingers

Method

Powder together the cumin, coriander, fennel and asafoetida. Add amchoor powder, kashmiri chilli powder, turmeric powder and salt. Put aside.

Scrape lightly and wash the parwals. Prick with a fork and slit lengthwise. Remove tough seeds if any and fill with the mixed masala, keeping aside whatever remains.

Heat oil in a dish at HIGH for 1 minute. Mix in cumin and onions. Cook uncovered at HIGH for 5 minutes, till brown.

Arrange the parwals in the centre of the dish in a single layer, with the potatoes around them towards the edge. Sprinkle the leftover masala over this.

Cook covered, at 70% for 20 minutes, turning once and serve.



Microwave cooking

Aloo Bahaar-e-Dum

Ingredients

500 gm medium potatoes	½ star anise-roasted
1 ½ tsp salt	½ mace-roasted
1 ½ tsp kashmiri chilli powder	¼ nutmeg-roasted
½ tsp turmeric powder	1 tbsp desiccated coconut-roasted
1 cup hot water	8 almonds blanched
1 tbsp ghee	1 tbsp thandai/sardai mixture-soaked and ground to a paste
2 tsp ginger paste	1 tsp kashmiri chilli powder
½ cup hung yoghurt	almond slivers for garnish
5 allspice-roasted	

Method

Combine together the allspice, star anise, mace, nutmeg, desiccated coconut and the almonds. Grind to a paste and put aside.

Peel and prick the potatoes, put them in a dish big enough to hold them in a single layer.

Add salt, ½ tsp chilli powder, turmeric and water, cover and cook at HIGH for 15-20 minutes, turning once till tender.

Strain the thandai mixture and make up to 1 ½ cup with water from the cooked potatoes.

Mix the ghee, ginger paste and ½ tbsp yoghurt and cook covered at HIGH for 2 minutes.

Mix together the powdered spices, allspice-almond paste, thandai mixture, 1 tsp chilli powder, yoghurt and cook covered at HIGH for 5 minutes.

Mix in the potatoes till well coated. Cover and cook at 70% for 10 minutes.

Serve garnished with almond slivers.



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Microwave cooking

Brinjal Masala

Ingredients

4 medium sized brinjals
2 tsp chilli powder
1 tsp amchoor(dry mango powder)
1 tsp coriander-cumin powder
1 tsp garam masala powder(optional)
salt to taste
1 tbsp oil

Method

Cut brinjals lengthwise. Add all masalas and salt to it and marinate for 15 minutes.

Take oil in a big microwave proof container and heat in microwave for about 1 to 2 minutes.

Remove it and add marinated brinjals and 1 cup water and heat in microwave for 15 minutes.

Care should be taken to stir brinjals after every 5 minutes so that they are evenly cooked.

Serve hot with rotis or plain dal/rice.





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Microwave cooking

Corn Chat

Ingredients

1 cup corn kernels
1 potato
1/4 cup chopped onion
1/4 cup chopped tomatoes
1 green chilly finely chopped
1/4 tea spoon ginger garlic paste
1 tea spoon lemon juice
salt to taste
1/2 tea spoon chat masala
1/4 tea spoon turmeric powder
1/4 tea spoon garam masala
cumin seeds and mustard seeds
finely chopped cilantro(coriander leaves)
1 teaspoon oil

Method

Take corn kernels in a microwavable bowl and add 1/4 cup water and boil it for 6-7 minutes.

Boil the potato in microwave for 10 minutes.

Now in a bowl take oil and microwave high for 2 min and add cumin seeds and mustard seeds then add corn kernels and potatoes and all spices and microwave it for 2 mins.

Then take out in serving dish and garnish it with chopped onion,tomato,cilantro leaves.





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Microwave cooking

Easy Cheesy Cauliflower

Ingredients

1 small cauliflower
2 tbsp. flour
½ cup grated cheese
1 tbsp. parsley, chopped
1 cup milk
½ tsp. pepper powder
2 tbsp. water
2 tbsp. butter
salt to taste

Method

Clean and cut cauliflower and place in microwavable bowl, sprinkle the water all over, cover and cook on HIGH for 5 to 6 mins. or until tender, drain and keep aside.

Melt butter in the microwave and then to it, add the flour, salt and pepper, stir in milk and make a smooth mixture.

Cook again on HIGH for 3 to 4 minutes.

Add in the cheese and parsley.

When cheese has melted and sauce is thickened, pour over cauliflower.





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Microwave cooking

Stuffed Capsicum with Corn

Ingredients

8 large green peppers
1 1/4 tsp salt, divided
1 tsp ground black pepper
3 cup cooked rice
15 oz canned black beans - drained and, rinsed
11 oz canned mexican-style corn - drained
1 medium onion, chopped
1 cup walnuts, chopped
4 pcs chopped green chilies
1/2 tsp ground cumin
1 jalapeno pepper slices

Method

Cut a thin slice from the stem end of each pepper, remove seeds and membrane and rinse.

Season with 1 teaspoon salt and black pepper, set upside down on a paper towel to drain. Combine rice, corn, onion, walnuts, chilies, cumin and 1/4 teaspoon salt in 13x9 micro proof casserole.

Cook on HIGH 2 mins. Spoon 1 cup mixture into each pepper.

Return stuffed pepper to the casserole. Pour 1/4-inch water in bottom of dish.

Cover with vented plastic wrap. Microwave at MEDIUM (50% power) for 7 mins.

Uncover and sprinkle cheese on top of each pepper.

Microwave on HIGH 1 min. Garnish with jalapeno pepper slices.





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Microwave cooking

Baked Potatoes

Ingredients

large nicely shaped potatoes
1 chopped onion (more if you are using a large number of potatoes)
grated cheddar cheese
salt to taste
a little milk and butter

Method

This is quick but looks like you worked for ages.

Bake the potatoes in your Micro oven until you can push a toothpick easily through. (with most modern ovens, approximately 5 minutes per potato)

While the potatoes are baking, fry the onions until they are brown(almost burnt)

When they are done, scoop out the flesh of the Potato and place in a bowl.

Mash and fold in the Browned onions, milk and butter or margarine.

When you have a nice pure', spoon the mixture back into the potato skins and form the original shape of the potato, grove the top of the mixture with a fork sprinkle on a little of the grated cheese and put under the grill in your oven until ridges turn golden brown.

Serve.



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Microwave cooking

Microwave Rasam

Ingredients

1 medium size tomato
1 small ball of tamarind
1 1/2 tsp rasam powder
salt

Seasoning:

1/2 tsp mustard
1 tsp vegetable oil/ ghee
curry leaves
pinch of hing

Method

In a small microwave bowl, add vegetable oil/ghee and mustard and close with a lid.

Microwave on HIGH for 2 to 3 minutes. Once the mustard crackles, add curry leaves and hing and microwave on HIGH for 30 seconds. Keep this seasoning aside.

In a bigger bowl, add mashed tomatoes, tamarind juice, rasam powder and salt. Microwave on HIGH for 6 minutes.

Add seasoning with rasam and again microwave on HIGH for 2 minutes. Now your traditional rasam is ready to serve with hot rice and pappad (Just throw the pappad inside the microwave and cook on HIGH for 2 minutes!!!).





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Microwave cooking

Eggplant Pickle

Ingredients

1 kg eggplants
450 ml cider vinegar
medium - sized piece tamarind
115 ml hot water
15 grams white mustard seeds
15 grams coriander seeds, toasted
10 grams fennel seeds
4-5 cloves garlic
5 grams ginger, chopped
3 grams chili powder
10 grams freshly ground black pepper
10 grams salt

Method

Pierce eggplants with a fork, wrap in paper towels and place in a casserole dish.

Cook on HIGH for 10 minutes or until soft. Hold on to the stem and peel skin from the eggplants, then remove stems.

Mash flesh and mix in cup vinegar to prevent eggplant discoloring. Keep aside.

Soak tamarind in hot water for 10-15 minutes until softened.

Rub with fingertips to separate pulp, then press through a sieve and add to the eggplant. Combine another cup vinegar, mustard seeds, coriander seeds, fennel seeds, peeled garlic cloves and ginger and blend to a smooth paste.

Add paste to eggplants with chili powder, pepper, salt and remaining vinegar and ladle into sterilized jars.

Seal and store in a cool place.

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Microwave cooking

Vegetable Makhana wala

Ingredients

50 grams french beans, cut diagonally
50 grams cauliflower, cut into strips or cubes
50 grams carrots, cut into long strips or cubes
1/2 teacup green peas
1 onion, sliced
1/2 teacup fresh cream
1 tablespoon plain flour (maida)
1/2 teacup milk
2 tablespoons tomato ketchup
1 tablespoon butter
1/4 teaspoon chilli powder
salt to taste

Method

Put the french beans, cauliflower, carrots and peas in a shallow dish, sprinkle 5 to 6 tablespoons of water and microwave on high for about 5 minutes.

Put the butter in a glass bowl and microwave on high for about 15 seconds.

Add onions and microwave on high for 1 1/2 minutes or until light pink in colour.

Mix the cream, flour, milk and tomato ketchup and add to the onions.

Add the vegetables, chilli powder and salt and microwave on high for 3 minutes.

Serve hot.



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Microwave cooking

Microwave Bhendi

Ingredients

bhendi (okra) cut into 1/2" slices 1/2 kg or 1 lb
salt 1 tsp or to taste
chilli powder 1/2 tsp or to taste
ajwain 1/2 tsp
mustard seeds 1/2 tsp
urad dal (white split) 1 tsp
hing (asafoetida) 1/2 tsp
turmeric powder 1/2 tsp
oil 2 tsp

Method

Place the cut okra in a single layer on a microwave-safe plate and cook on 'high' uncovered for 4 minutes. If necessary cook the okra in two or three lots.

No salt is to be added now.

This will ensure that the okra is cooked, but without stickiness, and the bright green colour is maintained.

Next, heat the 2 tsp oil in a kadai, and fry the mustard, urad dal and ajwain, add the cooked bhendi/okra pieces, add turmeric, hing, salt, chilli powders and fry for a couple of minutes till the masalas are well absorbed.

Your dry Bhendi Sabji is ready and looks green and appetising. It is a great favourite with our family.



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Microwave cooking

Microwave Saboodana Khichadi

Ingredients

2 1/2 katori saboodana
5 tbsp. ghee.
1 tsp cumin seeds.
6 /7 green chillies finely chopped.
1 katori roasted peanut (find below the method to roast peanuts in microwave)
1 tsp. sugar.
salt to taste.
2 tsp. lime juice
3 tbsp. each - cilantro (coriander) cut and grated coconut.
(optional) 2 small potatoes boiled and cut into small pieces.

Method

Soak and drain saboodana and keep covered over night. (It puffs up the next day).

Mix peanut mill, sugar and salt with Saboodana.

In a microwave safe bowl mix ghee, cut potatoes, cumin seeds and chillies.

Microwave for 3 min. on high setting.

Put in Saboodana mix . Mix well. Microwave for 3 min.

Put lemon juice and mix well.

Microwave for 3 more min.

Remove from microwave garnish with coriander and coconut and serve hot.



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Microwave cooking

Microwave Milky Dessert

Ingredients

1 1/2 cup milk powder
1 butter stick
1/2 tin condensed milk (200g.)
1 hand full of nuts of your choice

Method

Heat butter and nuts in a big microwave bowl for 1 min. in the microwave.

Then mix the condensed milk properly. then put milk powder and mix all of them thoroughly.

Now it's time to put it in the microwave. Cook for 2 minutes.

Then stir it and again cook for 3 minutes.(cooking time depends on microwave power.)

Then take another bowl. And spray the non sticky oil.

And then transfer the cooked dessert to the second bowl.leave for few minutes to settle it properly.

Then cut it and freeze it.

